

FOR IMMEDIATE RELEASE

CALMING YOUR ANGER WORKSHOP II FOR MEN AND WOMEN
PRESENTED BY THE NANAIMO MEN'S RESOURCE CENTRE

NANAIMO, BC (November 15, 2007) – The Nanaimo Men's Resource Centre is presenting a weekend Calming Your Anger Workshop II for both men and women from November 30th through December 3rd.

The weekend program will teach skills to manage conflict in relationships, develop assertiveness, stand up for oneself, increase awareness, and develop communication strategies.

The workshop will be facilitated by Alan Caplan and Sharon Bronstein. They are both registered clinical counsellors and adult education specialists. Alan and Sharon have presented personal development workshops in Canada and the USA for couples, companies and a variety of organizations.

"When anger gets out of control", Caplan says, "it can lead to problems at work or at home and can make us feel as though we are at the mercy of powerful and unpredictable emotions. In this workshop participants learn more effective ways to deal with anger, conflict and frustrations by developing awareness, assertiveness and practical problem solving skills."

"Women react differently than men to conflict situations," says Bronstein, "in this workshop we will also compare different patterns of gender conditioning and explore the conflict resolution styles of both men and women."

For more information about this workshop call 250-716-1551 or email: registration@nanaimomen.com.

The Nanaimo Men's Resource Centre is a non-profit organization offering support, referral and educational services to men and their families. The centre promotes community awareness of men's needs and provides programs for individuals and groups. Information and programs are available for divorce and separation, domestic violence, anger management, legal support, parental alienation and personal growth.

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